

# Turkey Stuffed Peppers

**Makes:** 24 Servings

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Ingredients	Weight	Measure
Ground turkey	4 1/2 lb	
Instant rice, uncooked		1 1/2 cups
Onions, finely chopped		1 1/2 cups
Green bell peppers, finely chopped		1 1/2 cups
Carrots, peeled and shredded		1 1/2 cups
Fresh bread crumbs		4 1/2 cups
Egg whites		10 each
Garlic powder		1 Tbsp
Italian seasonings		1 Tbsp
Fresh parsley		1 Tbsp
Dried oregano		1 Tbsp
Ground black pepper		1 1/2 tsp
Whole green peppers, medium		12 each
Turkey stock		1 1/2 cups
Spaghetti Sauce		1 1/2 cups



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	227	
Total Fat	10 g	
Protein	19 g	
Carbohydrates	16 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	229 mg	

## Directions

1. Combine turkey, rice, onions, bell peppers, carrots, bread crumbs, egg whites, garlic powder, Italian seasonings, parsley, oregano and pepper.
2. Cut pepper in half and remove seeds. Fill each half with 4 oz turkey mixture. Place stuffed pepper halves in a 12 x 12 x 2-inch pan.
3. Pour turkey stock around peppers. Cover and bake in a preheated 350°F oven for 40 to 50 minutes.
4. Uncover and top each pepper half with 1 tbsp spaghetti sauce. Bake 10 more minutes or until the internal temperature reaches 165°F.